Understanding PCOD

Causes, Symptoms & Treatment

Elpis IVF Clinic, Pune
https://elpisivfclinic.com/

What is PCOD?

- PCOD stands for Polycystic Ovarian Disease.
- It affects hormone balance in women.
- It may lead to irregular periods.
- It can make pregnancy difficult.
- Early diagnosis improves treatment outcomes.

Common Symptoms

- Irregular menstrual cycles
- Acne
- Weight gain
- Hair fall
- Excess facial hair
- Difficulty in conceiving

Causes of PCOD

- Hormonal imbalance
- Genetics
- Insulin resistance
- Lifestyle factors
- Obesity
- Stress

Diagnosis

Doctors may recommend:

- Medical history
- Physical examination
- Ultrasound scan
- Blood hormone tests
- Blood sugar tests

Treatment Options

- Lifestyle modification
- Healthy diet
- Regular exercise
- Medicines
- Ovulation induction
- Fertility treatment when needed

Lifestyle Tips

- Eat balanced meals
- Exercise regularly
- Sleep well
- Reduce stress
- Maintain healthy weight

Why Choose Elpis IVF Clinic?

- Experienced fertility specialists
- Personalized treatment
- Modern diagnostic facilities
- Advanced fertility care
- Compassionate support

Contact Us

Website:

https://elpisivfclinic.com/

PCOD Treatment:

https://elpisivfclinic.com/services/pcod-treatment-in-pune/

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Thank You